Meet

PATRICIA BENJAMIN

AQUATIC TRAINING SPECIALIST



ABOUT ME

I began teaching aqua fitness and therapy in college in the early 1980s. Decades later, I earned my AEA certification and refined my skills as an aquatic fitness professional. I have spent the past 10 years with the Spokane Club. Before that, I created signature aquatic programs, including Aqua4Balance, Deep Water HIIT, Aqua Sculpt, Wave Runners, Hydro-Circuit, MS and PD Solutions, Arthritis and Personal Water Training for individuals and small groups.

I am a student of research, learning, and best practices. I bring science-based protocols, coupled with my personal style, to all my classes and training sessions. As an Aquatic Training Specialist, I feel personally responsible for always giving my best and bringing value to your experience. I take my business in helping members gain or maintain their fitness levels seriously, and I value the time I spend with everyone I work with here at the Spokane Club.

QUALIFICATIONS

Master of Education - Leisure Wellness
Certified Personal Trainer: Senior Fitness Specialist - American Council on Exercise
Aquatic Fitness Professional - Aquatic Exercise Association
Water Safety Instructor - American Red Cross

AREAS OF EXPERTISE

- Leisure Wellness
- Personal Water Training/Coach
- Deep, Shallow, Dual Depth Water Training/Coach
- Skill Specific Conditioning (Pickleball, Tennis, Golf, Skiing, Biking, Hiking)
- Special Event Aquatic Programming (Family, Teens, School Ages)

MY MOTTO

Making life better.

SPOKANE CLUB

SCHEDULE WITH ME

Contact Patricia at **PBenjamin@spokaneclub.org**